

Resource Catalog

Research and Education Unit



Cal/OSHA Consultation Service
Department of Industrial Relations

Educational

ERGONOMICS

Easy Ergonomics: A Practical Approach for Improving the Workplace



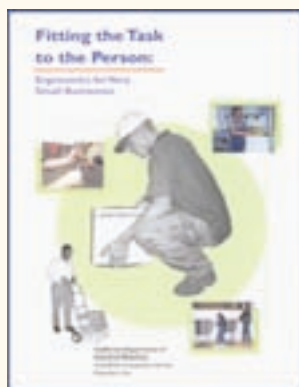
This guide offers a simple, hands-on approach to workplace ergonomics that can work regardless of the size of your organization. It is designed for owners, supervisors, and employees as they work toward improving their workplace.

A Back Injury Prevention Guide for Health Care Providers



This publication provides general guidelines on lifting and moving patients and residents. The guidelines are useful in settings such as hospitals, nursing homes, assisted-living facilities, board and care homes, and home health care.

Fitting the Task to the Person: Ergonomics for Very Small Businesses



This booklet is targeted to owners and employees of very small businesses. The concepts and examples presented may also apply to larger businesses. It includes photographs of people in actual working situations, and a tear-out poster highlighting problem tasks common to small wholesale/retail establishments. Companion posters for specific small businesses are also available.

Work Smarter, Not Just Harder- Posters

A series of ergonomic posters directed at small businesses including: Restaurant and Bar, Cosmetology, Dental, Health Care, and Auto Repair.



Publications

CONSTRUCTION ERGONOMICS

Keys to Success and Safety for the Construction Foreman

Also available
in **Spanish**

Ergonomic Survival Guide for Carpenters and Framers

Also available
in **Spanish**

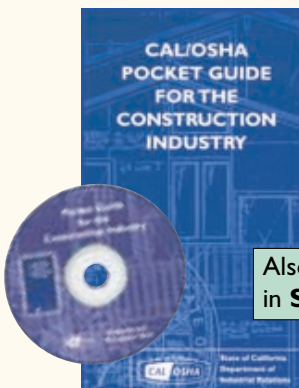


A series of pocket-sized guides on ergonomics for the construction industry. Each trade-specific guide provides valuable information for use during tailgate or toolbox safety meetings. Topics covered include ways to reduce injuries, increase productivity and improve employees' morale and work quality. Watch for future additions to this new and innovative series.



CONSTRUCTION

Cal/OSHA Pocket Guide for the Construction Industry



Also available
in **Spanish**

This publication is meant to serve as a quick field reference. It summarizes selected safety standards from the *California Code of Regulations, Title 8*, that pertain to the construction industry.

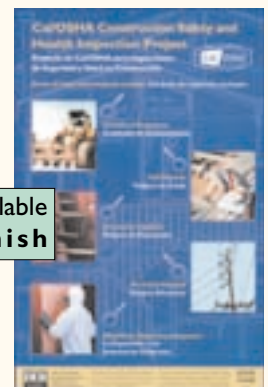
Fall Protection for the Construction Industry (Summary Packet)



Also available
in **Spanish**

This booklet provides an overview and helpful information on fall protection requirements for the construction industry.

Construction Safety and Health Inspection Project Poster (CSHIP)



Also available
in **Spanish**

This 11" x 17" poster covers areas of inspection emphasis by Cal/OSHA Enforcement.



AGRICULTURE

Agricultural Safety and Health Inspection Project (ASHIP)

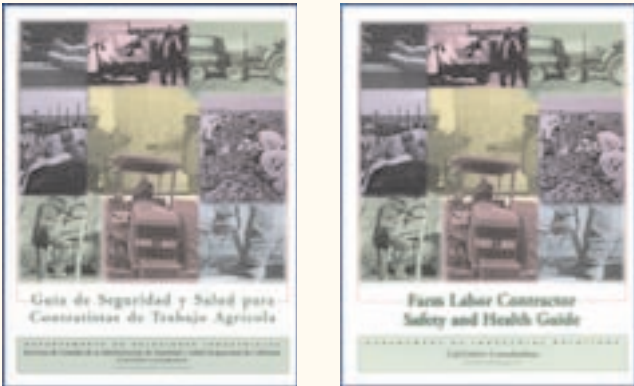
Also available
in **Spanish**



This publication provides educational and enforcement information for employees and employers. An 18" x 24" companion poster summarizing key elements is also available.

Farm Labor Contractor Safety and Health Guide

Also available
in **Spanish**



This booklet provides general guidance to reduce work-related injuries and illnesses. The information in this booklet also applies to growers who directly hire their own crews.

INJURY & ILLNESS PREVENTION

Workplace Injury and Illness Prevention Programs

Also available
in **Spanish**



Also available
in **Spanish**

This series of guides provides information and model programs that can be used to develop an Injury and Illness Prevention Program specific to your organization.



OCCUPATIONAL HEALTH

Respiratory Protection in the Workplace

This booklet provides general information about workplace respiratory protection. It also provides an overview of how to set up a respiratory protection program for small businesses.



The Resource CD-ROM contains a collection of reference materials related to the respiratory protection standard. For ease of use and access, all references are presented as Adobe Acrobat PDF files.

Guide to the California Hazard Communication Regulation

This guide provides a simplified overview of the Hazard Communication Regulation. It also includes step by step guidelines on how to set up a program and a sample written Hazard Communication Program.



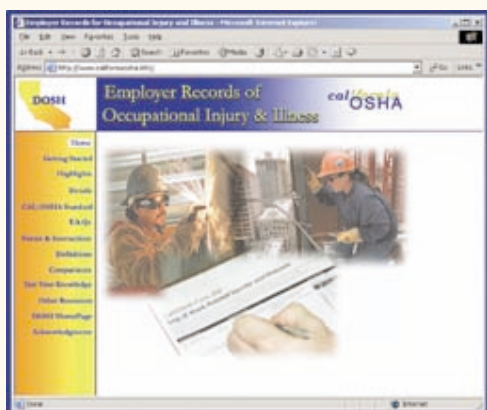
Is it Safe to Enter a Confined Space?

This guide explains the hazards of confined spaces and assists employers in developing an effective confined space program.



OTHER EDUCATIONAL RESOURCES

OSHA Log 300 Web Module: www.californiaosha.info



An interactive on-line educational resource (periodically updated) which addresses questions and provides in-depth information on California's occupational injury and illness recordkeeping requirements.

Seminar Packets



Also available in **Spanish**

The Seminar Packets for ergonomics and agriculture are designed to help employers and employees develop effective workplace training programs. The various packet materials (e.g. overhead slides, speaker notes, and a PowerPoint presentation) can be tailored to meet specific training needs.

ADDITIONAL PUBLICATIONS

- A Best Practices Approach for Reducing Bloodborne Pathogens Exposure
- Assembly Bill 13-Smokefree Workplace
- Biosecurity Procedures for Dairy Inspections
- Brief Guide to Recordkeeping Requirements
- Cal/OSHA Field Sanitation Standard
- Differences - Cal/OSHA & Fed/OSHA Recordkeeping
- Don't Risk Your Health (English/Spanish/Chinese/Korean/Tagalog/Vietnamese)
- DOSH Requirements for: Permits, Registrations, Certifications and Notifications
- Electric Power Interruptions and Employee Safety
- Electrical Safety
- Electrical Sewer Inspection Cameras (Enforcement Policy)
- Ethylene Gas Explosion
- Exposure Control Plan for Bloodborne Pathogens
- Four Step Ergonomics Program for Employers w/VDTs
- Grassroots Publications - State OSHA Plans
- Guidelines for Security & Safety of Health Care and Community Service Workers
- Guidelines for Workplace Security
- Lockout/Blockout (English and Spanish)
- Managing Stress Arising from Work
- Model Injury & Illness Prevention Program for Workplace Security
- On-Site Cal/OSHA Consultation at Your Workplace
- OSHA Log 300
- User's Guide to Cal/OSHA

Fact Sheets

- Lead in Construction
- New Respirator Regulation
- Safety Needles and Needleless Systems

Job Safety Pamphlets

- Job Safety: What You Should Know (Available in English, Spanish, Chinese, Korean, Vietnamese and Tagalog)

Posters

- Access to Medical and Exposure Records (English and Spanish)
- Agricultural Safety & Health (English/Spanish)
- California Posting Requirements
- Construction Safety and Health Inspection Project Poster (English/Spanish)
- Emergency Telephone Numbers
- How To Lift (English and Spanish)
- Operating Rules for Industrial Trucks (English and Spanish)
- Safety and Health Protection On The Job (English and Spanish)

Tailgate/Toolbox Topics

- High Voltage Overhead Lines
- Lockout/Blockout
- Power Press Safety
- Roofing Safety: Slips & Falls
- Roofing Safety: General Requirements
- Servicing Single, Split Rim & Multi-Piece Rims or Wheels
- Setting Up A Tailgate/Toolbox Safety Meeting
- Trenching Safety



Coming Soon

Ergonomic Survival Guides

A continuation of the Construction Ergonomics Series for Electricians, Laborers, and Cement Masons available in both English and Spanish.

Ergonomics in Action: A Best Practices Guide for the Food Processing Industry

This guide shows how food processing facilities can reduce work-related injuries and illnesses. It includes suggestions for practical and effective job improvements to reduce the risk factors associated with musculoskeletal disorders (MSDs). The information in this guide is for management, “frontline” supervisors, and employees.

Work Smarter, Not Just Harder - Posters

3 additional posters focusing on ergonomic issues in dry cleaning, landscaping, and child care. Some “Work Smarter, Not Just Harder” posters will be available in Spanish, Chinese, Korean, Tagalog, and Vietnamese.

ORDERING INFORMATION

Current Cal/OSHA publications may be viewed, ordered and downloaded from our website: www.dir.ca.gov/dosh/puborder.asp

Mail and FAX orders - use the publication list, or send a written request. Publication requests for more than 10 copies of any one publication or greater than a total of 50 publications must include a written request on company letterhead. Direct request to:

Area Manager, Cal/OSHA Research and Education Unit
2211 Park Towne Circle, Suite 4
Sacramento, CA 95825
Fax: (916) 574-2532

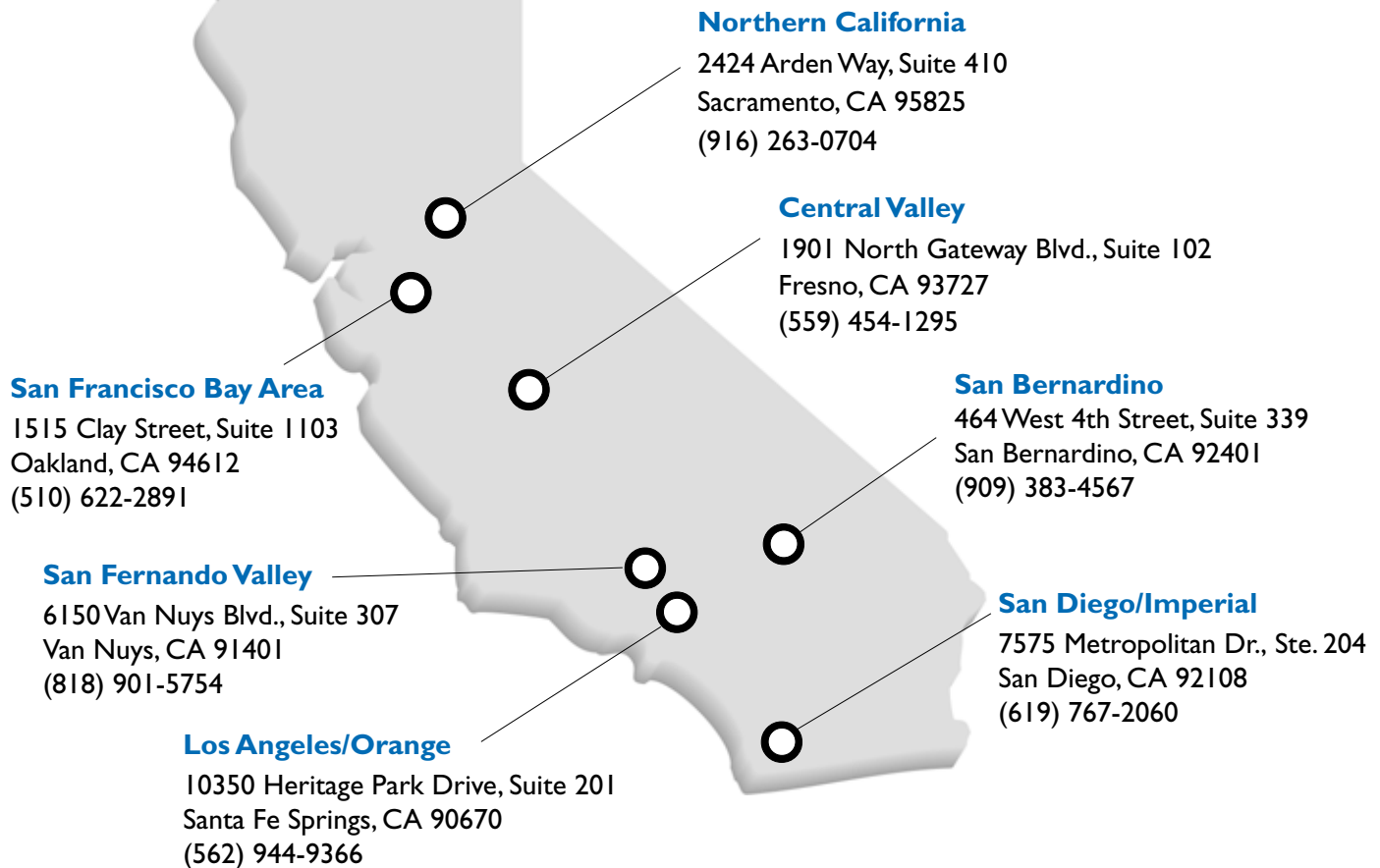
For questions or assistance, please contact us by email at: DOSHEducation@dir.ca.gov

The **Cal/OSHA Consultation Service** promotes workplace safety and health by providing assistance to California employers and employees. Services are free of charge and include consultative assistance through on-site visits, telephone support, publications, educational outreach, and recognition and incentive programs. Request for consultation services will **NOT** trigger an inspection by Cal/OSHA Enforcement.

Cal/OSHA Consultation Programs

Toll-free number: 1-800-963-9424 • Internet: www.dir.ca.gov

On-site Assistance Program Area Offices



Your call will in no way trigger an inspection by Cal/OSHA Enforcement.

- **Voluntary Protection Program**
San Francisco, CA 94142
(415) 703-5272

- **Research and Education Unit**
Sacramento, CA 95825
(916) 574-2528



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